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bled forward, with an arch smile on his countenance, to meet him, still enveloped in his cloak. "Ca bhail a chloidheamh," muttered the astonished crowd, when they saw him, apparently unarmed, going to meet the fatal stroke of his enraged antagonist.

"Na bi heigal ort," replied Jemmie, the fool, who, with an old soldier's cap and a scarlet jacket, marched up and down the course as a sentinel, shouldering the felled branch of a lime tree, with all the pomp and pride imaginable, "na bac leish a vourneen—'tis he that will pull the sword out," "go luath, my darlins, 'tis he will cut the world afore him."

The words were scarcely uttered when Fowks, who was now arrived within a short distance of his opponent, by a sudden jerk flung the cloak from his shoulders, and exhibited, to the wonder of all, not a flaming scimitar, not a pointed lance or a Cossack spear, but what the sequel shewed was a better, though a bloodless weapon, a long pole, at the top of which was fastened a blown bladder containing some dried pease; this he pointed at his enemy, and rushing forward with a mighty shout, he shook the bladder close at the head of Bastable's mettlesome charger. The noble animal, unaccustomed to so strange a salute, suddenly took to the right about, and, notwithstanding the rage and exertions of his maddened and outwitted master, he bore him fairly off the field, flying, as if old Nick was at his heels, still pursued by Holy Fowks, shaking his undoubted weapon, and calling out in the most ludicrous and earnest tone,

"Oh, Mr. Bastable—oh, you coward, won't you wait to fight me?"

But no—poor Bastable was carried off, nolens volens, through brambles and ditches, bogs and quagmires, to his home, tired, vexed and disappointed; and that which he thought would crown him with immortal honour, heaped disgrace and ridicule a thousand fold on his devoted head. Fowks was carried off in triumph. The incomparable tale was told, aye, and even to this day is told over many a sparkling bowl, or at the winter's fire side. Fowks, who was really good-natured and desirous of a reconciliation, made several advances to effect it afterwards, but in vain; and though he tendered an ample apology, as a salvo for the wounded spirit, and employed many intercessors to make up the breach, all would not do. The dart had pierced into his very soul—he pined beneath the weight of his fancied misery; and poor Bastable, a burden to himself, and secluded from the world, died an old bachelor.

Cork.

O. F.

POPULAR LECTURES ON THE PHYSIOLOGY OF ANIMALS.

The following is an abstract of Dr. Henry's third Lecture:

(The Skin continued.)

It had been long supposed that the skin absorbed foreign substances readily, and carried them into the circulation, but accurate and recent experiments show that the skin does not absorb, or absorbs very sparingly, unless the outer skin be removed or wounded, (as in the case of inoculation), or the substance be made to penetrate by much rubbing, as in the application of mercurial ointments. Hence it is impossible, in cases of impeded deglutition, to maintain life by immersing the patient in baths of milk or broth. The skin is an organ capable of receiving and transmitting impressions of various kinds. We proceed to consider the effects of different agents on it. When cold is applied in a moderate degree with some permanency to the skin, it diminishes—first, the vascularity; secondly, the sensibility; thirdly, the perspiration of the part: these effects are accompanied by very uncomfortable sensations, both bodily and mental. On removing the cooling cause, what is called *reaction* takes place; the part becomes redder and warmer, the sensibility and perspiration increase, the feelings become more agreeable, and a certain degree of lightness and invigoration of spirits is experienced. The reaction is proportioned to

the cold applied. If the cold has been but of momentary application, as in the shower-bath, the reaction is immediate, of short duration, and moderate in degree. The shower-bath may, therefore, be used by very delicate persons who have small powers of reaction. The reaction being always proportioned to the depression and the depression being proportioned to the length of time for which the cold is applied, persons with small power of reaction cannot endure the long continued cold of the common bath. In such persons there is not sufficient power of reaction, and the depressing effects of the cold continue after the bath, the individual remaining chilly, with face, and hands, and feet white or blue, the vessels being emptied, or the blood stagnating in them. In such cases, when at last reaction does commence, it is excessive in proportion to the excess of the preceding depression—there is head-ache—sometimes inflammation of an internal organ—not unfrequently actual fever. From this principle useful rules may be drawn respecting the cold bath.

1.—The time for which the individual stays in the water must be proportioned to his powers of reaction. 2.—The cold bath should never be used immediately after a meal, because the powers of life are called to the stomach, and the skin is in a less energetic state, and less fit for reaction. 3.—We should never bathe while chilly, but rather when warm, or gently perspiring, otherwise there is no shock. If in good health, an individual, provided he does not remain long in the water, may bathe with safety, even when perspiring copiously. This is the common practice of the Russians. Above all things never go into the cold bath when fatigued, for during fatigue the powers of life are less capable of reaction: a violation of this rule nearly cost Alexander the Great his life, when he bathed in the Cydnus after a fatiguing day's march. The cold air-bath is seldom taken in this country, notwithstanding the recommendation and example of Dr. Franklin. The air-bath is particularly useful at night, when the skin is hot, and the mind nervous and agitated, and sleep banished from the pillow. You should on such occasions rise, and walk about the room in your night-dress for five or ten minutes—wash your face and hands in cold water, swallow a mouthful or two of cold water, and return to bed, composure and sleep will almost invariably follow. When cold is long continued and severe, particularly when persons are at the same time undergoing fatigue, as in struggling against a snow storm, torpor, and sleep terminating in death, are produced. In many cases, where this termination does not take place, some parts of the body, as the nose, fingers, and toes, die from excess of cold. If the danger is discovered before the part is actually killed by the cold, a new danger arises, that of reaction: the reaction, if excessive, will produce the death of the part. Hence it is necessary, instead of applying warmth, to endeavour to bring back the circulation by rubbing with snow first, and then with cold water.—The object of the warm bath is quite different from that of the cold; its use is to increase the quantity of blood in the part, to soothe the sentient surface of the skin, and to promote the perspiration. By the warm bath these objects are obtained without reaction; it is therefore suited for those from whom reaction could not be expected, and in cases where reaction would be injurious. It may be taken soon after meals, and was much used by the ancient Romans to counteract the ill effects of repletion. It may also be employed in cases of extreme fatigue, but never at a temperature exceeding 98°, or for a longer time than twenty minutes. From the circumstance that baths were formerly used at too high a temperature, and that such a use of them was sometimes followed by a bad consequence, has arisen the popular prejudice, that the warm bath debilitates and exposes to the danger of catching cold; these effects are never produced unless the bath has been taken at too high a temperature, or has been remained in for too long a time. Tepid bathing is practised on the continent much more than in these countries. At Leuk, in the Vallais, the bathers spend whole days in the baths. The baths are very spacious, and the bathers, both ladies and gentlemen, spend whole days in them—the former perusing novels or working at

their needle, while the latter read the newspaper or smoke cigars. Each bath having a little passing bowl or table, holding, according to the taste of the individual, a book, a snuff-box, a newspaper, or a piece of needle-

work, &c. The same mode of passing the time while in the water was formerly practised by the bathers at Bath, and has been humorously described by Defoe.



DISTANT VIEW OF CARLOW TO THE NORTH.

This town is seated on the east bank of the river Barrow, thirty-nine miles from Dublin; its ancient name was Catherlough, i. e. The City on the Lake, from its proximity to a large lake or pond which formerly existed here.

It is not my intention to trace this town from its origin, through its gradual rise and progress, nor even those various epochs and events which are entwined with and enliven its local history, but merely to present a slight notice or abstract of its present statistics.

The town of Carlow is the emporium of the trade and business of this and the adjoining counties, chiefly on account of its advantageous and rapid water communication with the sea-port towns of Ross and Waterford, and also with Dublin, a passage which occupies but two or three days.

Carlow cannot be said to possess any particular staple trade or manufacture. The inhabitants are engaged in the ordinary routine of town business, in the various branches of industrious occupation; but the corn and butter trades are very extensively carried on—the county of Carlow being richly productive of these articles, which always find here a ready market.

But I wish particularly to mention its butter trade—the quality of which is of the finest description—superior to any in Ireland, and giving precedence to the Dutch butter alone in the London market. The average of the delivery is about thirty thousand casks annually.

The Barrow, to which this town is indebted for its origin and increase, was anciently called Berva—in Irish, Bearbha; though some suppose its present name derived from the word Barragh, or boundary river, it being for some centuries the boundary between the English pale and the Irish sept.

This river, to which Denman wished that his style of writing would be assimilated, thus,

“ Though deep, yet clear—though gentle, yet not dull;
Strong without rage—without o’erflowing, full,
rises in the Slieve-Bloom mountains, in the Queen’s

county, and, passing several small towns, arrives at Carlow, to which, as before-mentioned, it contributes life, prosperity, and increasing commercial importance. It then pursues its winding and placid course, until it mingles its waters with its sister river, the Nore, near New Ross. It is navigable from Ross to Athy, where it meets the canal, which continues on to Dublin: reckoning from its source, it runs in its whole course a distance of about one hundred and twenty miles.

Carlow is rapidly progressing of late years—it is extending its limits on all sides—new streets being added, one in particular, now laying out for the erection of private houses, will, if finished according to the plan at present intended, be one of its greatest ornaments. The public buildings are in number suitable to the size of the town: amongst them the new cathedral for Roman Catholic worship claims preeminence, for the beauty of its style and architecture, a new court-house, a new jail, a lunatic asylum, also a modern building, laid out on an extensive scale, for the reception of about one hundred and twenty patients, from the counties of Carlow, Kilkenny, Wexford, and Kildare, the college, of which there is a view given in your 14th Number, a fine Protestant church, also one house of worship for Presbyterians, one for Methodists, and another for Quakers; a large horse-barrack, infirmary, dispensary, &c.; three public free schools, and in Graige (which might be said to be part of the town, although in a different county, being connected by Wellington-bridge,) there is a handsome Protestant church, a Roman Catholic chapel, and a public school, built by the donations of the parishioners, and conducted on the Lancasterian system. But in mentioning the modern buildings of Carlow, let us not pass unnoticed and neglected the dilapidated remains of “the days of other years.” The old castle then, “nobly picturesque of former greatness,” claims our attention, and deserves a place in your Journal among the antiquities of Ireland.—But, indeed, with the exception of this castle, this town